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Peptiron is in the form of pills, chocolate-coated, pleasant to take, easily assimilated, and is the most successful combination of iron of which its makers, C. I. Hood Co., Lowell, Mass., have any knowledge. You must have an abundance of iron in your blood if you are to be keen, quick and fit in the battle of life, overcome obstacles and know no such thing as failure. For several reasons lack of iron in the blood is more noticeable in the Spring than at any other time.

Besides iron, Peptiron includes peptin, malt, celery and other tonics, nerve helps and digestives. It gives strength, color and body to the blood; reddens pale cheeks, steadies the nerves, improves the digestion, nourishes and gives stamina to the whole body.

It is the tonic Spring medicine for you and for your family.



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APPLE-O! No mere "pop"—but a delicious health-regulating beverage of fresh, pure apple juice—carbonated.

Apple-O has that original orchard flavor—smacks of ripe, hand-picked Albemarle Pippins and Winesap apples.

Apple-O adds new delight to pies, mince meats, cakes, jellies—all goodies. Just try it!

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Apple-O—the year-round drink.

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SUSTAIN MORALE AMERICAN ARMY

Red Cross Offers Work to Men and Women Who Stay at Home

TO HELP WIN THE WAR

Infinite Possibilities for Service in Buoying Spirits of Soldiers "Over There."

(By David Lawrence.)
[Copyright, 1918, by New York Evening Post Company.]

Washington, April 29.—Men and women everywhere in America are asking themselves what it is they can do to help win the war. Not many are able to go overseas.

There is something at home, however, the importance of which will only be widely understood, perhaps, when the armies of the United States sustain losses on a scale as large as the other belligerents.

That something is morale—the spirit that buoy an army and navy. It is not academic nor abstract; it is an actuality. It has a direct connection between the men in the service and the families to whom they are bound. Let one man become discouraged through worry over his family, and he will become a drain on the vitality of the man fighting near him. Let one family become distressed because of a lack of information of misinformation, and neighboring families may become distressed.

To sustain the morale of the men and women of America, who are not themselves able to fight, but who can devote their time and attention to war service, are being organized by the American Red Cross into what is known as home service.

At the war's outbreak, and for many months since, popular knowledge of the Red Cross centered around preparation of hospital supplies, equipment of base hospitals and supplying personnel and provisions of relief. But the many chapters of the Red Cross throughout the country have been given new obligations, many new ones, and there will be more as the exigencies of the war command, but not the least important to the success of our army and navy in home service, which means keeping up the morale of the soldier and sailor and the family at home.

Germany and Austria, indeed, were able to inflict a severe defeat on Italy by preying upon the morale of the Italian army. Postal cards were sent to the soldiers telling them that their families were in distress.

And with what enthusiasm can a man fight if he is worrying about his home? With how much more enthusiasm can he fight if he knows that his family is being taken care of and that they are eager for him to take the shortest route to peace and home—the road that goes "straight through"?

Five million American women today are engaged in production of Red Cross supplies, knitted articles and surgical dressings. And they toil without knowing the identity of the men who will be comforted by their patriotic endeavors. But there is being organized now an army of more than 30,000 workers in the Red Cross civilian relief or home service, who will bring the Red Cross into personal contact with the relatives of the men in the army and navy and later with the returning soldiers and sailors themselves, as they need a helping hand.

For money relief is not everything. The government, through the war risk bureau, has provided liberal allotments. But there are liable to be delays in getting those allotments, and embarrasments which many a proud parent might not care to divulge. This is the kind of thing which the Red Cross penetrates.

Think of the social service, as it is known in peace times. In American communities and apply the same principle to the many millions of homes that are affected by the summons to battle and you have an idea of what the individual chapters of the American Red Cross are doing and going to do as the war goes on.

Practically every phase of social service is included—medical, legal, educational and financial. First of all, there is home solidarity, getting lonely women back to live with their own people, watching over the interests of an expectant mother, reuniting scattered families and writing to men in the service.

YOUR SICK CHILD IS CONSTIPATED! LOOK AT TONGUE

Hurry! Mother! Remove poisons from little stomach, liver, bowels.

Give "California Syrup of Figs" if cross, bilious or feverish.

No matter what ails your child, a gentle, thorough laxative should always be the first treatment given.

If your little one is out-of-sorts, half-sick, isn't resting, eating and acting naturally—look! Mother! see if tongue is coated. This is a sure sign that its little stomach, liver and bowels are clogged with waste. When cross, irritable, feverish, stomach sour, breath bad or has stomach ache, diarrhoea, sore throat, full of cold, give a teaspoonful of "California Syrup of Figs," and in a few hours all the constipated poison, undigested food and sour bile gently moves out of its little bowels without griping, and you have a well, playful child again.

Mother can rest easily after giving this harmless "Fruit Laxative," because it never fails to cleanse the little one's liver and bowels and sweeten the stomach and they dearly love its pleasant taste. Full directions for babies, children of all ages and for grown-ups printed on each bottle.

Beware of counterfeit fig syrup. Ask your druggist for a bottle of "California Syrup of Figs," then see that it is made by the "California Fig Syrup Co., Los Angeles."

the service about the situations in their homes.

Case of Young Italian.

Recently a young Italian in one of the cantonments was worried to a point where he was of little use to our army just because he had received no letters from his wife. He appealed to the Red Cross. A home service committee member investigated (they never embarrass by sending the whole committee) and found that he got no letters because his wife could not write.

He himself had not cared to mention the fact to his comrades and only by thoughtful and careful inquiry was this ascertained. Arrangements were made for a letter to be written for the wife once a week. Simple service, but with wonderful results upon the soldier's state of mind—and perhaps, best of all, the young wife now is learning to read and write.

Then there is the children's side of it—there are many men in the service who are parents, despite the fact that the public generally does not think there are many fathers in the ranks. Home service workers are explaining lessons to children who fall behind in their education. They seek to give kindly advice to children just beginning to be wayward or disobedient.

On the economic side the work consists in fitting people to the right job and to find out where the job pinches, seeing that insurance policies do not elapse, encouraging people with surplus funds to spend with good sense and be thrifty, protecting the recipient of pay allowance checks from the wiles of unscrupulous installment men and sales agents, getting the best legal and business advice in the perplexing problems that are sure to arise in war-times.

Co-operation with state and municipal employment agencies, finding opportunities for partial or entire self-support and advancement and giving personal attention to the hopes and troubles of those who do not find satisfactory work, creating a public opinion that will encourage self-support from all crippled soldiers and sailors to the degree that it is possible for them to work—all this, in brief, is what the American Red Cross is now doing.

The program is based upon the experience of our allies, but is even more extensive, and must be because America is so far away from the conflict and the means of communication between the fighting man and his family are limited.

People Must Understand It.

Frank W. Perkins, director-general of the home service work, is now in France perfecting plans, but special machinery of any sort depends on its effectiveness on having people understand it. When the government drafted men into the army it drafted in many cases the wage-earner of the family.

The government recognized this through the allotment system, many thousands of claims needing adjustment. Many thousands of people do not know that the Red Cross is the instrument especially provided to assist them in such adjustments. Every community should know, for instance, that the Red Cross home service is the volunteer organization which carries over the family in difficulty where delays occur in receipt of allotments.

But the father or brother or son contributing something else to the maintenance of the family unit besides money. Most of our soldiers were accustomed to advise their wives constantly, help discipline the boys, manage the leases and insurance papers and mortgages and the business, if there was a little shop or farm.

Families whose men have gone to war are in many cases without a responsible head or leader in a thousand and one domestic affairs. All these duties involve community responsibility, not merely from a humanitarian standpoint, but from the cold compulsion of military necessity.

Red Cross men are sent on the transport into the camps and cantonments—into the trenches. They are the itinerant bureaus of information through which the soldier can communicate with his family, through which he can learn from disinterested persons if his wife or mother is undergoing hardships and concealing the truth from him. He can be reassured and encouraged.

The most vulnerable part of the army and navy is thousands of miles from the submarine or the trenches. It is in the homes of the soldiers and sailors.

That is why the American Red Cross is one of the most important factors in the winning of the war, because it is the knowledge that all is well on this side of the trenches in the United States, that will encourage a man to give the best in him on the fighting line.

Americans still are wondering how they can help in the winning of the war. There are many useful things to do which require special fitness and technical training, and it is eminently fitting that men and women should seek to discover special kinds of service. But whenever in doubt, whenever time hangs heavy—if that is possible nowadays—get in touch with the home service committee of the American Red Cross.

LOCKOUT BEGUN SUNDAY BY ATLANTA COMPANIES

(International News Service.)

Atlanta, April 29.—A lockout was begun Sunday by the Western Union and Postal Telegraph companies against members of the Commercial Telegraphers' Union of America throughout the nation, according to a statement issued Monday by Austin E. Joyner, southeastern district organizer of the union. In his district more than 800 men are affected, he said. Paralysis of the whole national system of telegraph communication is declared imminent as a result of the action of the companies.

BIRMINGHAM MAN FIGHTS CHARGE OF ESPIONAGE

(Associated Press.)

Birmingham, Ala., April 29.—The preliminary hearing of William A. Denison, prominent Birmingham attorney, charged with violating section 3 of the espionage act, was begun before United States Commissioner Watts here today.

Mr. Denison is conducting his own defense and is making a vigorous fight.

ADD ATLANTAN'S NAME TO LAKE MOOR'S MISSING

(International News Service.)

Washington, April 29.—The name of Robert L. E. Walton, son of Mrs. Robert P. Walton, 15 East Harris street, Atlanta, Ga., was added today to the list of enlisted men missing from the steamship Lakemoor, torpedoed April 11.

The navy department also announced that John Ernest Kehr, Taylor, Pa. fireman on the Lakemoor, is also missing.

SONS OF MASSACHUSETTS REWARDED FOR BRAVERY

With the American Army in France, Sunday, April 28.—(By the Associated Press.)—The French army today paid a historic tribute to the United States, when 122 soldier sons of Massachusetts were decorated with the war cross for bravery displayed in recent fighting. The ceremony was one of the most impressive in which American soldiers have participated since their entry into the war.

One hundred and seventeen men from the 104th (Massachusetts) regiment, who bore the brunt of the German attack in the Apremont forest on April 12, received medals, as did five men of another regiment who had participated in earlier fighting around Soissons.

Here and there in the line of heroes were spaces representing Americans who were killed or wounded seriously. It had been raining in the afternoon, but the sun broke through when the 104th regiment, which also was decorated as a unit, passed in review before American and French generals. Bands played "The Star Spangled Banner," and "The Marseillaise" while the American and French flags waved proudly and defiantly within sound of the roar of German guns. The French general, in conferring the decorations, said of the regiment:

Lumber on Roof of Hotel Catches Fire

Atlanta, April 29.—A pile of building lumber on the roof of the fireproof Anaple hotel burned late yesterday, causing thousands of dollars' worth of damage and causing a general fire alarm.

The fire, however, did not penetrate the roof, and the damage was small. Inside the hotel there was comparatively little excitement.

WOMAN DOCTOR AT PARK EXPECTS OTHERS TO FOLLOW

Many Women Practitioners Will Offer Services Now That Ice is Broken.

Dr. Pearl Stephens, the first woman physician to enter military service at Fort Oglethorpe, says that she finds her position alone at camp rather embarrassing, but she states it will not be long before other women practitioners will come into the service, and army women doctors will link from the conspicuous to the commonplace.

"I am sorry I had to be first," said Dr. Stephens, "but of course some woman had to start, and we never could have served at all. It will be easier for those that follow."

"I have wanted to do my part ever since America entered the war. I graduated in medicine from the University of Memphis in 1915. I put in an application then, but was refused."

American Missionaries Killed By Turk Troops

(International News Service.)

London, April 29.—Turkish troops operating in the Caucasus have killed some American missionaries, according to a press report from Athens today. The Turks are said to be slaughtering Christians indiscriminately.

Minister Goto Assures Allies of Japan's Faith

(International News Service.)

Tokyo, April 29.—"Japan will ever keep faith with her allies and there will be no change in our foreign policy," declared Foreign Minister Goto today in the first interview since his appointment.

The new foreign minister assured America and Japan that their treaty of friendship and mutual helpfulness remains as effective as ever. He declared that "whatever Japan does in the future will be with the consent of her allies."



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